



All meals meet USDA guidelines for a healthy school breakfast
 All Students **MUST** have a serving of Fruit for Breakfast!
 All Grains served are Whole Grain Rich.

All students are eligible for Free School Meals.
 Menu Choices are subject to change.
 This institution is an equal opportunity provider.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.
 Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday



Tuesday

Wednesday

Thursday

Friday

1

No School

2

No School

3

No School

4

No School

7

Assorted Breakfast Cereal
 Assorted Breakfast Rounds
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

8

Chocolate Chip Muffin
 Assorted Breakfast Rounds
 One cup serving Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

9

Bageler with Plain Cream Chee
 Assorted Breakfast Rounds
 One cup serving Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

10

Bar Cocoa Cherry
 Assorted Breakfast Rounds
 One cup serving Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

11

Egg & Cheese Wrap
 Assorted Breakfast Rounds
 One cup serving Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

14

French Toast Sticks
 Assorted Breakfast Rounds
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

15

Mini Waffles
 Assorted Breakfast Rounds
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

16

Bun Cinnamon Super Stix
 Assorted Breakfast Rounds
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

17

Plain Bagel & Cream Cheese
 Assorted Breakfast Rounds
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

18

Assorted Oatmeal Bars
 Assorted Breakfast Rounds
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

21

No School

22

Blueberry Muffin
 Assorted Breakfast Rounds
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

23

Cinnamon Roll
 Assorted Breakfast Rounds
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

24

Bageler with Plain Cream Chee:
 Assorted Breakfast Rounds
 One cup serving Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

25

Texas Apple Cinnamon Toast
 Assorted Breakfast Rounds
 One cup serving Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

28

Bar Cocoa Cherry
 Assorted Breakfast Rounds
 One cup serving Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

29

Banana Bread
 Assorted Breakfast Rounds
 One cup serving Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

30

Assorted Oatmeal Bars
 Assorted Breakfast Rounds
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

31

Chocolate Chip Muffin
 Assorted Breakfast Rounds
 One cup serving Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

